



Introduction

What is learning diary?

A learning diary is a collection of notes, observations, thoughts and other relevant materials built-up over a period of time and maybe a result of a period of study.

Its purpose is to enhance your learning through the process of writing and thinking about your learning experiences. Your learning diary is personal to you and will reflect your personality, preferences and experiences.

Why use a learning diary?

- To provide a “live” picture of your growing understanding of a subject experience.
- To demonstrate how your learning is developing.
- To keep a record of your thoughts and ideas throughout your experiences.
- To help you identify your strengths, areas for improvement and preferences in learning.

What is reflective learning?

Reflective learning is a learned process that requires time and practice. It is an active process: involving thinking through the issues yourself, asking questions and seeking out relevant information to aid your understanding.

Reflective learning works best when you think about what you are doing before, during and after your learning experience. Reflective learning is therefore not only about recognizing your something new, it is also about see reality in a new way.

Reflection is an important skill to develop and requires you to think about how you are personally relating to what is happening in the training or in your work.

Suggestions about reflective learning diary:

- Write in your learning diary regularly, even if individual entries are sometimes short
- Use questions or prompts to help you focus on the task
- Avoid descriptive writing - take an analytical approach
- Use techniques such as mind mapping, diagrams, sketches or cartoons. Use colour to make these more engaging and memorable
- Review the entries you've written to see if you can find themes and recognise the longer-term action you might need to take (e.g. to improve a particular study skill)
- Remember that writing itself can be used as a learning tool: you can use writing to explore ideas as a way of understanding them.
- ... remember that there are no right or wrong answers
- Be honest, open and direct - reflection is most effective when you can be yourself



How to use the learning diary?

Based on the introduction part, please write before, during and after each learning session your thoughts about your learning.

You may try to find answers to these supportive questions:

- Date of the learning activity
- Description of learning event or theme.
- What was new to me? How and why did it influence/change my views?
- What dilemmas, questions do I have?
- What did I not understand?
- What are my implications? What is the impression I received from the theme/ topic?
- How did a small group work function? Was there a genuine dialogue?
- What will I do differently?
- What is the relevance of the knowledge to me?
- How does it support me in my work? (If relevant)
- What do I need to know more about, and what efforts should I make to find out more?

Important! Please, remember to mark the references whenever you are referring to any kind of sources.

What kind of template should I use?

You may use any form of template and writing style, which is most suitable for you.

It can be a template of your own but it may also be for example a thesis template of LAB-University (in Reppu)

Reflective learning diary evaluation

At the end of the course, evaluate your reflective learning diary and your own learning in the course. Give yourself a grade based on your own input, participation and especially learning. Remember to justify your grade.

Grading in Finnish System

- 0 = Failed
- 1 = Passed (Poor)
- 2 = Fair
- 3 = Good
- 4 = Very Good
- 5 = Excellent